



# MAX MEYERS LAW SPOKE & WHEEL



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## Dawn's Gratitude Jar

ARE YOU LOOKING FOR A SIMPLE AND THOUGHTFUL GIFT TO GIVE THIS HOLIDAY SEASON?

HERE IS WHAT YOU NEED TO MAKE YOUR OWN GRATITUDE JAR:

A couple of years ago, I set out on a mission to find a gift that was simple and reminded me of what the holiday season is all about. I went online to Pinterest (one of my favorite sites by the way) and found a gift idea that was simple, thoughtful and fulfilled my mission...Gratitude Jars. Now, you may be asking yourself..."what is a Gratitude Jar?"

A Gratitude Jar is meant to be used throughout the year. When you have moments in life that you appreciate and are grateful for, you write that moment down on a piece of paper and put it in the jar.

My family likes to start fresh on January 1st and we write down the good things that happen to us throughout the year. In our jar we include memories we want to save, funny moments, surprise gifts, goals that have been accomplished, beauty we see in nature and daily blessings.

On New Year's Eve, we open the jar together as a family and read all the notes that were put in the jar throughout the year. It reminds us of all the things we have to be grateful for...and it has become a new family tradition in how we bring in the New Year!

You can make these jars as simple or decorative as you choose.

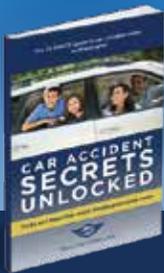
- **A jar** •  
*any kind of jar with a lid will do*
- **Post Its** •  
*to include in the jar*
- **A pen** •  
*to include in the jar*
- **Ribbons, stickers & paper** •  
*to decorate the jar*

I have included some pictures of the Gratitude Jars I made as gifts for friends and family last year.

You will be surprised at how many people love this gift idea and will continue to use their jar over the years!

Give it a try and send a picture of your Gratitude Jar to [info@maxmeyerslaw.com](mailto:info@maxmeyerslaw.com).

*Happy Holidays!!*



## FREE INSTANT DOWNLOAD

Discover the secrets insurance companies don't want you to know.

Get Max's book **The Ultimate Guide to Car Accident Cases in Washington: Car Accident Secrets Unlocked.**

Go to our website [www.WaCarAccident.com](http://www.WaCarAccident.com) to get your free download now or call **425.276.7804** to have a copy mailed to you.

# Watch out for HOLIDAY Road Rage

Holiday road rage can have deadly consequences for drivers, their passengers, or other drivers, which could include you or your family. **According to the AAA Foundation for Traffic Safety, aggressive driving causes over 50 percent of traffic fatalities.** You do not want to be a statistic. This is why it is important to avoid being involved in a road rage incident if at all possible.

## WHAT CAUSES HOLIDAY ROAD RAGE?

In many cases, road rage around the holidays is caused by the same factors that contribute to aggressive driving incidents year-round. During the holidays, however, a rush to get everything done before it is time to celebrate often intensifies these factors.

### STRESS

Stress makes people irritable and irritable people are less likely to be compassionate or to make smart decisions while driving. And we can all admit that while we enjoy it, the holiday season is stressful.

### LACK OF SLEEP

Between family get-togethers, office holiday parties, and last minute shopping, it is not surprising that many people get less sleep during the holiday season than during the rest of the year.

### OUT-OF-TOWNERS

Those who are not sure where they are going or are not familiar with streets can be frustrating to local drivers, and with the increase in traveling during the holidays, there are many more tourists on Seattle's streets around Christmas.

### SHOPPING

Holiday shopping trips to the mall can be stressful, especially when looking for parking spaces. Parking lots are a common place for rageful confrontations, and when there are few open spots left, the chances of angering someone else are even higher.

### CELL PHONE USE

Distraction from a cell phone can cause missed green lights, slow driving, and a variety of other rage-inducing behaviors. Phones are an issue all year and holiday planning may mean more calls and texts on the go.

### WEATHER

While our winters are generally mild in Seattle and the Puget Sound lowlands, a little bit of snow or a drop below freezing can also wreak havoc on traffic. Heavy rain may also cause some drivers to slow down for safety, angering others who are stuck behind them.

## HOW CAN I AVOID HOLIDAY ROAD RAGE?

The best way to avoid becoming angered on the road during the holiday season is taking care to reduce your risk factors for holiday road rage. This includes:

- **Not driving when under extreme stress**
- **Listening to relaxing music to help relieve stress**
- **Be nice to other drivers, let them in if changing lanes. Get in the giving spirit!**
- **Getting plenty of sleep**
- **Avoiding peak shopping times**
- **Shopping online in the weeks between Thanksgiving and Christmas**



- **Staying home in poor weather**
- **Waiting to have a conversation until you are at home**
- **Focusing fully on driving by limiting distractions**

While you can take steps to reduce your role in causing road rage, there are times it may be difficult to avoid angering another driver.

The key to staying safe when this happens is to keep your cool. Even though you might be driving the speed limit, the driver behind you might want you to go faster; handling tailgaters is frustrating, but remaining calm and continuing to drive at a safe, legal speed is your best bet.

This same advice carries over into any aggressive driving situation. Your best option is to prevent a road rage incident from escalating, not to add to it.

## DO I HAVE RECOURSE IF I AM A VICTIM IN ONE OF THESE ACCIDENTS?

As a personal injury attorney Max can help if you're the victim of a holiday road rage accident. While avoiding this type of accident is best, if you become a victim of a crash caused by an aggressive driver in Washington state, you may be able to recover compensation to pay for your medical bills, lost wages, and other costs.

Gives us a call at **425.276.7804** if you find yourself in this situation.

## CONTEST WINNER UPDATE



Check out our Oyster Run contest winner **Howard Olson** with his new GoPro camera and handle bar mount.

*Congratulations Howard!!*

## Shelly's RECIPE CORNER

### Chocolate Saltine Bark

Your friends and family will love this sweet treat. Great to bring with you to holiday gatherings!

#### Ingredients:

40 saltine crackers  
1 cup butter, cubed (unsalted)  
¼ cup granulated sugar  
10 oz. package semi-sweet chocolate chips  
8 oz. package milk chocolate English toffee bits  
(can find these by the chocolate chips in grocery store)  
Heavy duty foil

#### Instructions:

Line jelly pan with heavy duty foil. Lay the 40 saltine crackers out on foil. Melt butter (1 cup cubed) and add ¼ cup sugar in saucepan; bring to boil or until bubbly. Stir a couple of minutes until sugar dissolves. Pour evenly over crackers.

Bake at 350 degrees for 10 minutes. Sprinkle with chocolate chips. Put back in over a few minutes until chocolate is soft and spread evenly. Top with toffee bits and refrigerate immediately for at least an hour. Break apart and ENJOY!



photo courtesy of browneyedbaker.com

# December

EVENTS CALENDAR

## Yoga Party DEC 3

A ticket to the Seattle Yoga Holiday Party includes drinks, hors d'oeuvres, live performances, music, & DJ dancing at OmCulture.

Visit <http://seattleyoganews.com/holiday-party-2015/>.

## Ugly Sweater Run/Walk DEC 3

Wear your ugliest sweater for the Ugly Sweater Run 5K and after-party at Marymoor Park in Redmond.

Visit <http://theuglysweaterrun.com/locations/seattle-washington/> for more details.

## Green Lake Lights DEC 10

Take a walk following glowing luminaries on the Green Lake Pathway of Lights, which includes live music at four locations, rain or shine. Free.

Visit [www.facebook.com/GreenLakePathwayofLights/](http://www.facebook.com/GreenLakePathwayofLights/) for details and schedule.

## Food Truck Festival DEC 11

Shop from 20 food trucks during Winter Feast at the Fremont Sunday Market.

For details visit [www.facebook.com/events/1709141959321902/](http://www.facebook.com/events/1709141959321902/).

## Christmas Jazz DEC 17

Sacred Music by Duke Ellington features the Seattle Repertory Jazz Orchestra, plus guest vocalists, a chorus, and a tap dancer at Town Hall Seattle.

Visit [www.earshot.org/event/28th-annual-concert-of-sacred-music-by-duke-ellington/](http://www.earshot.org/event/28th-annual-concert-of-sacred-music-by-duke-ellington/) for details.

## Affordable Nutcracker DEC 17 - 18

The low-budget Nutcracker by Cornerstone Studio has a youthful cast that wows with breakdancing and acrobatics at Bellevue High School.

Visit [www.cornerstonestudio.com/#!/the-nutcracker/dzlaz](http://www.cornerstonestudio.com/#!/the-nutcracker/dzlaz) for details.

## Jingle Bell Run - Tacoma DEC 24

Run or walk 3 miles at the Jingle Bell Run at Wright Park in Tacoma. Costumes are welcome.

Details: [www.metroparkstacoma.org/jingle/#.V7todY-cGUk](http://www.metroparkstacoma.org/jingle/#.V7todY-cGUk).

## New Year's Eve Restaurants DEC 31

Find a list of restaurants that offer special menus and celebrations for New Year's Eve at Open Table.

Visit [www.opentable.com/s/promolist?metroId=2&promoid=4](http://www.opentable.com/s/promolist?metroId=2&promoid=4) for more details.





MAX MEYERS LAW<sup>PLC</sup>

Happy Holidays

FROM OUR FAMILY TO YOURS!

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Max competes for 2016 MARKETER OF THE YEAR

The Max Meyers Law team made the trek to the East Coast at the end of October to attend the Annual Great Legal Marketing Summit.

This year was extra special as Max was selected to present and compete for the 2016 Marketer of the Year Award. All of the presenters did an outstanding job!

Even though we did not win, what a great honor it was to present at this event and be recognized by our peers!



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